During the daytime up to 8pm there is far too much violence and sex on tv shows. I'm not for censorship but I'm not for having to constantly flip through channels

because of all the garbage being shown either and am offended when people tell me to turn the channel since that's what I already have no choice but to do. Which

brings me to another point, ala carte tv. People paying already too high rates should have choices instead of sex, violence, garbage.